



# Students offer a change to P.E. curriculum

## Staff editorial

Like any school subject, P.E. has standards to follow. For P.E., all high school students must earn two credits of the class in order to graduate.

The Indiana State Standards state that the goal of the curriculum for high school students is to exhibit a physically active lifestyle and to achieve and maintain a health-enhancing level of fitness. It doesn't mention how we have to spend that time. What matters is that improvement of skills and a clear understanding of what P.E. provides is shown.

P.E. was a European concept until 1941 when 45 percent of males drafted for World War II failed their physical. Now, due to the high obesity rates of kids and major health pushes in the nation, P.E. is taken seriously and can sometimes be too harsh.

Though gym is a part of school curriculum in this day in age, there are many of alternate options becoming available for credit. However, FC still mandates that all students take P.E. at FC for two semesters.

P.E. teacher Lane Oxley explained the normal weekly schedule is two days of weight training, two days of jogging, and one day of activities. "I think it's a very effective pro-

gram, "You can really see the progression from where students start and finish in a semester."

Though there's progression, there is also much repetition.

"I know not all kids enjoy running, and the activities are monotonous. But we only have 18 weeks to work with. Are programs like Zumba and P90x great? Sure. But we can't measure those, it's too subjective. What we can measure is running. So the main goal is to get every student to run 20 laps in 20 minutes," said Oxley.

Exercise is important and P.E. does stress that, but Oxley even said the main goal is to get students to realize it's important to exercise. "Hopefully P.E. makes them realize that they need to carry on with activity throughout their lives, that's what we're trying to do."

The curriculum and standards in high school physical education need to be altered. Though running is easier to measure, it doesn't motivate students to continue to exercise, which defeats the point. We need to find ways to measure a variety of activities and stress exercises more people enjoy and can carry out in their lives outside of school.

For students that are active outside of school we need to start acknowledging what they do and make it easier to earn credit if deserved.